

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 02049, Thyme, fresh

Report Date: October 24, 2015 16:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	65.11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Energy	kcal	101	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Energy	kJ	423	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	5.56	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Total lipid (fat)	g	1.68	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Ash	g	3.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Carbohydrate, by difference	g	24.45	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Fiber, total dietary	g	14.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Minerals													
Calcium, Ca	mg	405	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Iron, Fe	mg	17.45	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Magnesium, Mg	mg	160	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

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Phosphorus, P	mg	106	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Potassium, K	mg	609	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Sodium, Na	mg	9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Zinc, Zn	mg	1.81	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Copper, Cu	mg	0.555	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Manganese, Mn	mg	1.719	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Vitamins													
Vitamin C, total ascorbic acid	mg	160.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Thiamin	mg	0.048	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Riboflavin	mg	0.471	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Niacin	mg	1.824	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Pantothenic acid	mg	0.409	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Vitamin B-6	mg	0.348	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Folate, total	µg	45	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

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Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	45	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Folate, DFE	µg	45	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2003
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Vitamin A, RAE ¹	µg	238	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta ¹	µg	2851	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Vitamin A, IU ¹	IU	4751	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	0.467	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
8:0	g	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
10:0	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
12:0	g	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
14:0	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	0.293	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:0	g	0.047	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Fatty acids, total monounsaturated	g	0.081	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:1 undifferentiated	g	0.081	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Fatty acids, total polyunsaturated	g	0.532	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:2 undifferentiated	g	0.085	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:3 undifferentiated	g	0.447	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Amino Acids													
Tryptophan	g	0.114	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Threonine	g	0.154	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Isoleucine	g	0.285	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Leucine	g	0.262	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

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Lysine	g	0.126	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Valine	g	0.307	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Flavonoids													
Flavanones													
Hesperetin ²	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Naringenin ³	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin ^{2 3}	mg	2.50	--	--	0	5	--	--	--	--	--	--	--
Luteolin ^{2 3}	mg	45.25	--	--	39.5	51	--	--	--	--	--	--	--
Flavonols													
Isorhamnetin ²	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Kaempferol ^{2 3}	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Quercetin ^{2 3}	mg	0.00	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Monitoring Nutrient Content of Selected Key Foods, 1992 Beltsville MD

²Justesen, U., and Knuthsen, P. Composition of flavonoids in fresh herbs and calculation of flavonoid intake by use of herbs in traditional Danish dishes., 2001 Food Chem. 73 pp.245-250

³Zheng, W. and Wang, S.Y. Antioxidant activity and phenolic compounds in selected herbs., 2001 J. Agric. Food Chem. 49 11 pp.5165-5170